Mental Illness Workshop Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Directions: Attend 3 different presentations from students in the Service Class. Write down notes.

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| Mental Illness | Definition | Signs and Symptoms | Effects on Lifestyle | Treatment Options |
| Eating Disorders | When you eat and throw up because you cannot eat. | The teeth start to decay and extreme weight loss. | Sick, tired and depressed | Therapy diet otions |
| PTSD | Another type of anxiety disorder. | Having flashbacks, and nightmares of bad things that happened in the past. | Lose friends or family because you cannot control your illness. | You can take medicine to calm your nerves down. |
| OCD | An anxiety disorder that causes repetitious behavior. | Wash hands a lot, very afraid of germs | Causes disease, loved ones feel that you are weird and drop you. | Anti-depressants and therapy. |
| Depression |  | Dirty blood, Dirty urine tests, and doctor asking about medical history | Very difficult to concentrate, becoming withdrawn or isolated, and thoughts of suicide and death. | Psychotherapy and antidepressants |